

January 2012 - Urbana Senior Center Activities

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/doa
 9020 Amelung St., Frederick, MD 21704 (1st floor of the Urbana Library)

*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.
 Programs may be canceled if enrollment is low. Activities are subject to change.

<i>Mondays 9:00-3:00</i>	<i>Tuesdays 9:00-8:00</i>	<i>Wednesdays 9:00-3:00</i>	<i>Thursdays 9:00-3:00</i>	<i>Fridays - Closed</i>
2 Center is closed Enjoy the holiday!	3 11:00 Exercise to Video 1:00 Stitching Post 1:00 Blood Pressure 1:30 Rummikub 5:30 Pizza Night 6:00 Games	4 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	5 11:00 Exercise to Video 11:30 Sequence 1:30 Cards/Games	6 Center is Closed
9 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games/Wii	10 11:00 Exercise to Video 1:00/6:00 Stitching Post 1:00 Blood Pressure 1:30 Rummikub 5:30 Pizza Night 6:00 Care for Elderly Pets	11 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	12 9:30 Men's Discussion Group 11:00 Exercise to Video 11:30 Sequence 11:00 Cards/Games	13 Center is Closed
16 Center is closed Enjoy the holiday!	17 11:00 Exercise to Video 1:00 Advanced Directives 1:00 Stitching Post 5:30 Pizza Night 6:00 Games	18 9:30 Drawing/Painting Club 11:00 Exercise to Video 11:30 Blood Pressure Noon *Omelet Bar 12:30 Ask Nurse Steve: "Our 5 Senses"	19 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	20 Center is Closed
23 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games/Wii	24 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 Pizza Night 6:30 Fraud Awareness	25 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	26 9:30 Men's Discussion Group 11:00 Exercise to Video 11:30 Sequence 11:00 Cards/Games	27 Center is Closed
30 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games/Wii	31 11:00 Exercise to Video 1:00 Blood Pressure 1:00 Stitching Post 1:30 Rummikub 5:30 Pizza Night 6:00 Games	February 1 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	February 2 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	February 3 Center is Closed